

The Shingles Vaccination is now available!

You maybe eligible to receive a vaccination against **Shingles** under the national programme

- Ask your GP or practice nurse for more information



NHS

Croydon Clinical Commissioning Group

Who is eligible for a **Free Shingles Vaccination?**



The vaccination is available
to those aged:

70 71 72 73 78 79

People not of the ages mentioned above will be offered vaccination in future years under the national programme.

However, if aged 80 and over you are not part of the national programme because the vaccine seems less effective in this age group.

What is **Shingles**?

Most people have chickenpox in childhood, but after the illness has gone the virus remains inactive (dormant) in the nervous system. The immune system keeps the virus in check, but it can be reactivated later in life and cause **shingles**.

Shingles can **only** happen if you have had chickenpox and **cannot** be caught from someone with chickenpox, however, it is **possible** to catch chickenpox from someone with **shingles**.

It is estimated, that **1 in 4** people will have at least one episode of **Shingles** during their life.

People may get **shingles** more than once and vaccination will be recommended for those who have had **shingles** in the past.



Although there is no cure for **shingles**, it is **important** to see your GP as soon as possible after the rash occurs. Your GP may prescribe painkilling and/or anti-viral medication.

Flu Vaccination Available from September 2017

Am I at increased risk from the effects of Flu?

If you have a long term health condition the effects of flu can make it worse. Those recommended to have the Flu vaccine are the following:

- **Everyone aged 65 and over**
 - ◇ Lowered immunity
 - ◇ Liver disease
- **Everyone under 65 years of age who has a medical condition:**
 - ◇ Had stroke or a transient ischaemic attack
 - ◇ Diabetes
 - ◇ A neurological condition
 - ◇ A problem with the spleen
 - ◇ A heart problem
 - ◇ A chest complaint or breathing difficulties
 - ◇ A kidney disease
- **All pregnant women**
- **All two- and three- year-old children**
- **All children in reception class and school years 1, 2, 3, and 4**
- **Everyone who is the main carer for an older or disabled person**
- **Household contacts of anyone who is immunocompromised**



To book an appointment please speak to the reception.

Repeat Prescriptions

Please allow 48 hours for repeat prescriptions. If your prescription is ordered on a Friday it will be available for collection the following Tuesday.

For more information please contact our reception

GP HUB

If you can't get an appointment with GP call NHS 111 for an assessment or to book an appointment if necessary with a **GP hub 8am to 8pm every day, all year round.**



From 1 April 2017, people who live and work in Croydon will have access to a wide range of urgent care services including booked appointments with three new GP Hubs:

Purley War Memorial Hospital

856 Brighton Road, Purley, CR8 2YL

East Croydon Medical Centre

59 Addiscombe Road, Croydon, CR0 6SD

Parkway Health Centre

Parkway, New Addington, CR0 0JA

Download the free Health Help Now app or visit www.healthhelpnow.nhs.uk

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